

Spring Edition

McDowell Place Senior Center

The City of Phoenix Senior Centers offer active adult programs. For more information or details regarding Senior Center programming, memberships, list of services, meals or hours of operation you can visit phoenix.gov/seniorcenters



SENIOR PROGRAMS
CITY OF PHOENIX | HUMAN SERVICES



PROGRAM SCHEDULE

April, May, And June
2025

**1845 E. McDowell Rd
Phoenix, AZ 85006
602-262-1842**

Center Hours

**Operating Hours: Monday to Friday 8 a.m. to 5 p.m.
Programming Hours: Monday to Friday 9 a.m. to 4 p.m.**

Things to know...

MEMBERSHIP

The annual membership fee is \$20 for Phoenix residents and \$40 for non-residents. Your membership gives you access to all 15 Phoenix senior centers

TRANSPORTATION

MV Transportation provides flexible taxi service to and from the center for eligible members. Please contact senior center staff to register and obtain more detailed information

LUNCH

Lunch is served Monday to Friday at 11:30 a.m. A recommended contribution of \$2.50 is requested of eligible members per meal. The cost for all others is only \$5.00. Meal reservations and cancellations must be made at least three business days in advance.

CASEWORKER

Caseworker services are available to current members by appointment only. Make appointment with staff or in person by calling 602.262.1842

**HABLAMOS
ESPAÑOL**

Programs, classes, events and trips subject to change or cancellation without notice.

ONGOING ACTIVITIES

MONDAY

- 9 a.m. Color & Puzzles
- 10:30 a.m. Game Hour
- 11:30 a.m. Lunch

TUESDAY

- 9 a.m. Color & Puzzles
- 10:30 a.m. Chair Exercise
With Fernando (**New Class**)
- 11:30 a.m. Lunch

WENDSDAY

- 9 a.m. Art's & Crafts
- 10:30 a.m. Loteria
- 11:30 a.m. Lunch

THURSDAY

- 9 a.m. Color & Puzzles
- 10 a.m. Chair Exercise
- 10:30 a.m. Fun Bingo
- 11:30 a.m. Lunch

FRIDAY

- 9 a.m. Color & Puzzles
- 10:30 a.m. Game Hour
- 11:30 a.m. Lunch
- 1:30 p.m. Healthy Recipes &
Story telling

LAPTOPS & FREE Wi-Fi

Your membership includes use of the laptops. Please see staff for check out

FITNESS EQUIPMENT

Your membership includes use of the center's fitness equipment

DAILY ACTIVITIES

BILLIARDS, CARD GAMES,
DOMINOS & SOCIALIZING



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Let's Get Creative

Virtual Art Classes with Christy

- April 10, at 9:30 a.m. (Dot Art Turtle)
- May 15, at 9:30 a.m. (Sunset by the Lake)
- June 12, at 9:30a.m. (Painted Drink Coasters)

Materials for virtual art classes will be provided at the Senior Center



Art's & Craft's with Rachel

- April 17, at 10 a.m. (Easter Tree)
- May 15, at 10 a.m. (Mother's Day Card)
- June 4, at 9:30 a.m. (Father's Day Card)

Please register for class

Materials for classes will be provided at the Senior Center



ANNOUNCEMENTS

The Emergency Food Assistance Program

T.E.F.A.P Food Box Distribution Date's

April 1, Tuesday

May 6, Tuesday

June 3, Tuesday



It's Coffee Time!

Monday to Friday, morning's

.50 cents per cup



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ANNOUNCEMENTS

Accepting Donations

Items donated should be gently used clean and resaleable. Please see staff for more information.



Accepting Book Donations

We are accepting book donations for our future McDowell Place Senior Center library. Books donated should be gently used and clean. Please see staff for more information.



ANNOUNCEMENTS

Volunteers

McDowell Place Senior Center is looking for volunteers. Volunteers interested must be 18 years of age, meet with center personnel and fill out a volunteer application.

Areas of interest are: Teaching a class, crochet, sewing, gardening, computer basics and smart phone basics

A message from Site Council

Dear members, we encourage you to stay tuned with the latest announcements from Site Council. Will be announcing upcoming meetings, Nacho's, Quesadillas, Rummage and Snack Sales. We thank you for your continued support.

ANNOUNCEMENTS



Providing a bag of fresh fruits and vegetables to members once a month.

Please bring reusable bag

April 23, Wednesday

May 21, Wednesday

June 25, Wednesday

Bags are distributed on a first come first serve basis and while supplies last.



Programs, classes, events and trips subject to change or cancellation without notice.



SPECIAL EVENTS

FIESTA!

Cinco De Mayo Celebration

Join us for dancing, snacks, folkloric dress contest
and MUCHO FUN!

Monday, May 5

10 A.M.

McDowell Senior Center

Multipurpose Room

**Please make meal reservations for this event 3 days
In advance.**

Programs, classes, events and trips subject to change or cancellation without notice.

LET'S MOVE!

CHAIR EXERCISE

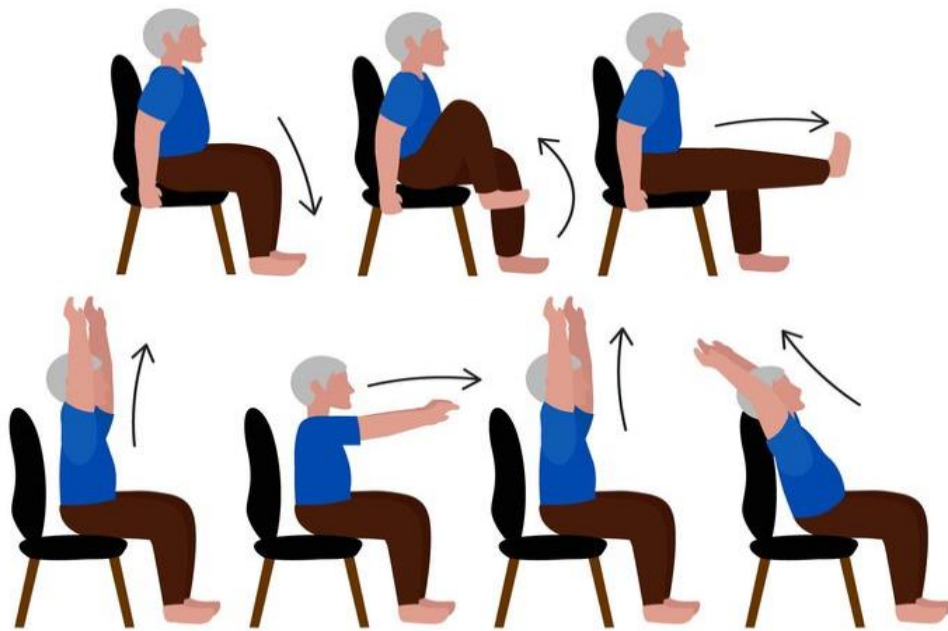
WITH FERNANDO

Every Tuesday

10:30 to 11:30 a.m.

AT THE MULTIPURPOSE ROOM

NEW CLASS!



Programs, classes, events and trips subject to change or cancellation without notice.

City of Phoenix

Memory Café Program

Memory Cafe is a wonderfully welcoming place that provides persons living with early to moderate dementia a safe place to socialize and participate in activities to stimulate and support brain health. They are designed to include the care partner as well, for a shared experience. Please refer to the next page for Memory Café activities, dates and times. For additional Info.

Please call 602-534-5750 or email memory.cafe@phoenix.gov



Programs, classes, events and trips subject to change or cancellation without notice.

Memory Café

McDowell Senior Center

Join us for a Dementia friendly activity, we will also be conducting Dementia Screening tests in English and In Spanish along with providing educational information related to dementia.

April 17, Thursday

10 a.m. to 11 a.m.

Activity: Arts & Crafts With Rachel
(Easter Tree)

May 15, Thursday

10 a.m. to 11 a.m.

Activity: Arts & Crafts With Rachel
(Beads and Bracelets)

June 19 , Thursday

No Memory Café
Holiday

Please register for class or give us a call to register

Programs, classes, events and trips subject to change or cancellation without notice.



SPECIAL EVENTS

T.A. BURROWS

The Versatile Entertainer joins us for two special dates. Let's dance and sing along to the all time favorite oldies.

Wednesday, May 7

**Celebrating Mother's Day
10 a.m. at the Multipurpose Room**

Wednesday, June 11

**Celebrating Father's Day
10 a.m. at the Multipurpose Room**

Please make meal reservations for these event 3 days in advance.

SPECIAL EVENTS

Dave Swain

Celebrate Monthly Birthday's with soft musical key notes and popular music covers from the past.

Thursday, April 3

Celebrating April Birthdays
10 a.m. at the Multipurpose Room

Thursday, May 14

Celebrating May Birthdays
10 a.m. at the Multipurpose Room

**Please make meal reservations for these event 3 days
in advance.**

VOLUNTEER RECOGNITION CELEBRATION

Please join us to celebrate our dedicated volunteers. We will be honoring our McDowell Senior Center volunteers for the many hours of time and talents.

Cake & Coffee will be served

Wednesday

April 16

9:00 A.M.

**McDowell Senior Center
Multipurpose Room**

RESOURCES and INFORMATION

24-Hour Senior HELP LINE 602-264-4357

The *Senior* Help Line is a 24-hour information and assistance resource and central intake of the Area Agency on Aging. The *Senior* Help Line can assist in navigating several resource choices related to: Transportation, housing, long-term care, home delivered meals, home care, and other numerous services including, but not limited to: Information on Benefits, Recreation/Senior Centers and More!



AREA AGENCY ON AGING

REGION ONE, INCORPORATED



City of Phoenix



Human Services Department

SENIOR PROGRAMS

PROGRAMS FOR ACTIVE ADULTS



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www.phoenix.gov/humanservices



Stay Younger With Us



IMPORTANT DATES

Memorial Day

McDowell Place Senior Center will be
CLOSED on Monday, May 26

Juneteenth

McDowell Place Senior Center will
be **CLOSED** on Thursday, June 19



CITY OF PHOENIX SENIOR CENTERS

**Your membership gives you access to 15
City Of Phoenix Senior Centers**

Chinese Center

734 E. Elm St.
Phoenix, Arizona 85013
602-262-6411

Marcos De Niza

305 W. Pima St.
Phoenix, Arizona 85003
602-262-7249

Senior Opportunities West

1220 S. 7th Avenue
Phoenix, Arizona 85007
602-262-6610

Devonshire

2802 E. Devonshire Avenue
Phoenix, Arizona 85016
602-262-7807

McDowell Place

1845 E. McDowell Road
Phoenix, Arizona 85006
602-262-1842

Pecos

1710 S. 48th St
Phoenix, Arizona 85048
602 -534-5366

South Mountain

212 E. Alta Vista Road
Phoenix, Arizona 85040
602-262-4093

Adam Diaz

4115 W. Thomas Road
Phoenix, Arizona 85019
602-262-1609

Desert West

6501 W. Virginia Avenue
Phoenix, AZ 85035
602-495-3711

Helen Drake

7600 N. 27th Avenue
Phoenix, Arizona 85051
602-262-4949

Paradise Valley

17402 N. 40th St
Phoenix, Arizona 85032
602-495-3785

Shadow Mountain

3546 E. Sweetwater Avenue
Phoenix, Arizona 85032
602-534-2303

Sunnyslope

802 E. Vogel Avenue
Phoenix, Arizona 85020
602-262-7572

Deer Valley

2001 W. Wahalla Lane
Phoenix, Arizona 85027
602-495-3714

Goelet Beuf

3435 W. Pinnacle Peak Road
Phoenix, Arizona 85027
602-534-9743